



MENUS

Jefferson High School

All Meals Include: Fresh Fruits/ Fruit Juice and Milk
- *Milk choices: 1% White, Skim White, and Skim Chocolate*
Lunches also include vegetables

Daily Offerings:
Breakfast: Cereal, Yogurt Parfait & Bagel w/ Cream Cheese
Lunch: Grill Options, Pizza Bento, and Sun Butter & Jelly

Month	Week	Day	SEPTEMBER 2026 ▾					
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			31	1	2	3	4	5
			● Breakfast Bacon Breakfast Pizza Mini Strawberry Creamy Cheese Bagels Blueberry & Yogurt Parfait ● Lunch Cheese Pizza Sticks Cheeseburger/Hamburger Chicken Patty	● Breakfast Cinnamon Sugar Donut Chicken Snack Wrap ● Lunch Entree: Dog Day!Chili dog or Corn Dog Salad: Chicken Caesar w Roll M.T.O: Nacho BAR	● Breakfast Orange Apple Smoothie w Vanilla Graham Ham Tater Tot Taco ● Lunch Entree: Popcorn ChickenPotato Bowl w Breadstick Salad: Egg Chef w Roll M.T.O – Asian BARPizza: Pizza Crunchers	● Breakfast Turkey Pancake Stick Eggoji Waffles ● Lunch Entree: 3 Cheese Mac &Cheese Salad: Chicken Caesar w Roll M.T.O.: Burrito Bowl	● Breakfast Pancake Bites Ham & Cheese Biscuit ● Lunch Entree: Italian Popcorn Chicken w Red Sauce Salad: Egg Chef w Roll Pizza: Cheese or Pepperoni	6
			7	8	9	10	11	12
			No School No School	● Breakfast Chocolate Chip Muffin Top w Graham French Toast Sticks ● Lunch Entree: Loaded Turkey Chorizo Tots w Salsa Con Queso Bowl Salad: Egg Chef w Roll M.T.O.: Taco BAR	● Breakfast Sausage Sandwich Churro Bites w Cocoa Dip ● Lunch Entree: Chicken Alfredo w Roasted Broccoli & Garlic Knot Salad: Popcorn Chicken w Roll M.T.O.: Breakfast BAR Pizza: Bosco Sticks w Sauce	● Breakfast Chocolate Crescent Roll Cheese Mexi Maple Flatbread ● Lunch Entree: Honey Hot Popcorn Chicken w Spiral Fries & Biscuit Salad: Egg Chef w Roll M.T.O.: Nacho BAR	● Breakfast Mini Sausage Pancake Bites Vanilla Snack n'Waffle ● Lunch Entree: Buffalo Popcorn Chicken Mac & Cheese w Breadstick Salad: Popcorn Chicken w Roll M.T.O.: Cheese or Pepperoni	13
			14	15	16	17	18	19
			● Breakfast Chicken & Cheese English Muffin Maple Madness Waffle ● Lunch Entree: Orange Popcorn Chicken Lo Mein Salad: Egg Chef w Rol M.T.O.: Deli Bar	● Breakfast Bosco Stick Glazed Cinnamon Roll ● Lunch Entree: Turkey Barbacoa Tacos w Spanish Potatoes Salad: Chicken Caesar w Roll M.T.O.: Burrito Bowl	● Breakfast Powder Sugar Donut Maple Ham Egg & Cheese Flatbread ● Lunch- SPECIAL Entree: Pesto Chicken Flatbread Salad: Egg Chef w Roll M.T.O.: Baked Potato BAR Pizza: Pizza Crunchers	● Breakfast Sausage Breakfast Pizza Caramel Cinni Mini ● Lunch Entree: Eggoji Waffles & Sausage Links Salad: Chicken Caesar w Roll M.T.O.: Taco BAR	● Breakfast Confetti Pancakes Egg & Cheese Muffin ● Lunch Entree: Pesto Chicken Flatbread (LIMITED OFFER!) Salad: Egg Chef w Roll Pizza: Cheese & Pepperoni	20
			21	22	23	24	25	26
			● Breakfast Chocolate Chip Muffin Top w Graham Turkey Pancake Stick ● Lunch Entree: Korean Beef Tacos w Cucumber Pico de Gallo Salad: Popcorn Chicken w Roll M.T.O.: Deli BAR	● Breakfast Egg & Cheese Croissant Eggoji Waffles ● Lunch Entree: Chicken Tenders, Sauce, & Garlic Knot Salad: Egg Chef w Roll M.T.O.: Nacho BAR	● Breakfast Strawberry Apple Smoothie w Graham Country Chicken Biscuit ● Lunch Entree: Nacho Walking Taco Salad: Popcorn Chicken w Roll M.T.O.: Mac & Cheese BAR Pizza: Bosco Sticks w Sauce	● Breakfast Dutch Waffle Sausage Sandwich ● Lunch Entree: Specialty Burger BAR “Quesadilla or Bacon” Salad: Egg Chef w Roll M.T.O.: Burrito Bowl BAR	No School No School	27
			28	29	30	1	2	3
			● Breakfast Chicken Egg Cheese Wrap Trix French Toast ● Lunch Entree: Pizza Waffalacos Salad: Egg Chef w Roll M.T.O.: Deli BAR	● Breakfast Sausage Breakfast Pizza Mini Strawberry Pancake Puff ● Lunch Entree: French Toast Sticks w Turkey Sausage Patties Salad: Chicken Caesar w Roll M.T.O.: Taco BAR	● Breakfast Egg & Cheese Croissant Glazed Cinnamon Roll ● Lunch Entree: Chicken & Veggie Dumplings over Fried Rice Salad: Egg Chef w Roll M.T.O.: Wing BAR Pizza: Bosco Sticks w Sauce	● Breakfast	● Breakfast:	4